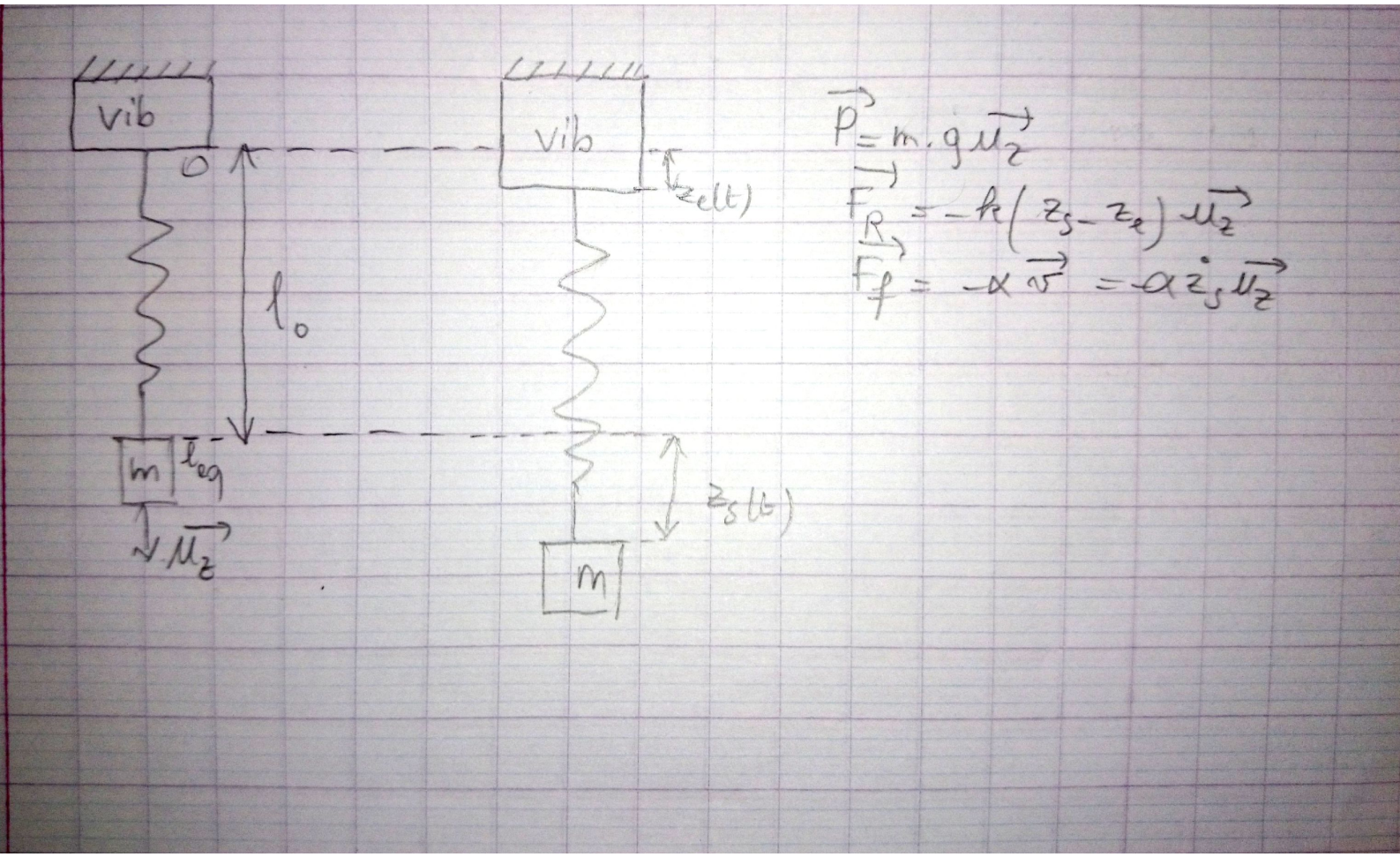
Vib
O
l_0
m
l_{eq}
$\vec{u_z}$
Vib
$z_e(t)$
$z_s(t)$
m
$\vec{P} = m \cdot g \vec{u_z}$
$\vec{F_R} = -k(z_s - z_e)\vec{u_z}$
$\vec{F_f} = -\alpha \vec{v} = -\alpha \dot{z_s} \vec{u_z}$